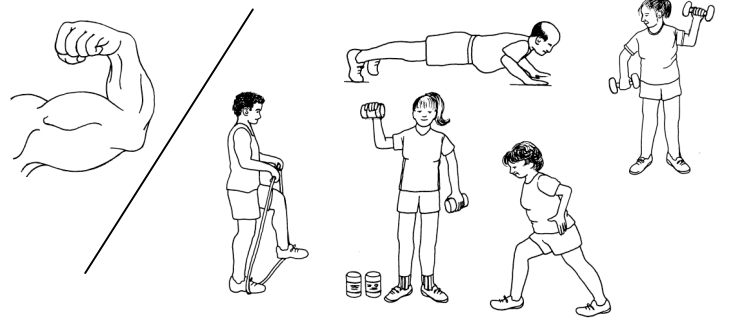
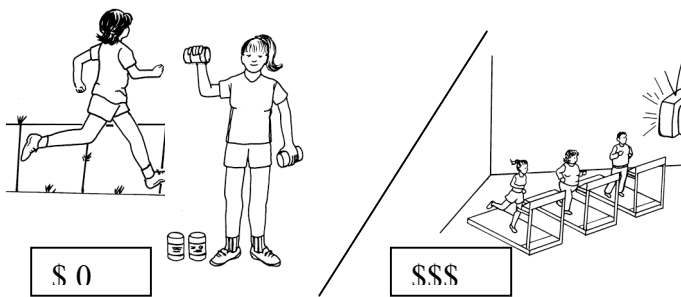




good health decisions



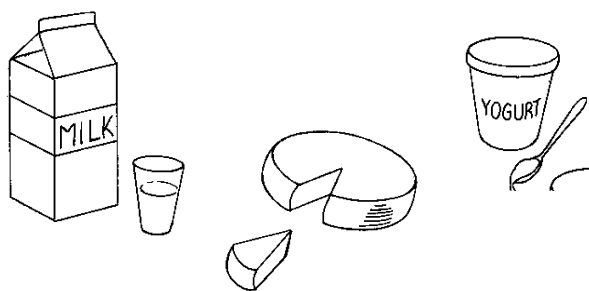
resistance training



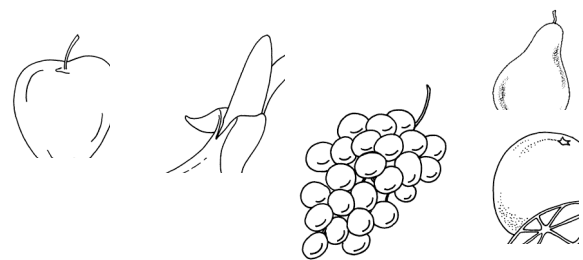
free or low cost activity



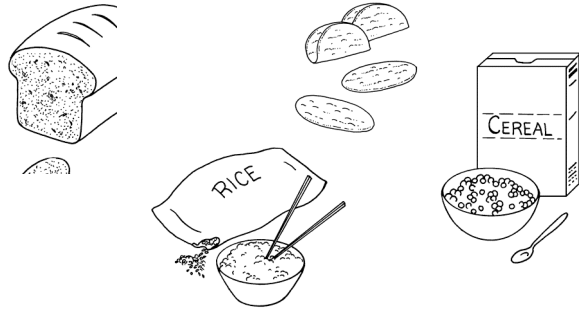
fats and sweets group



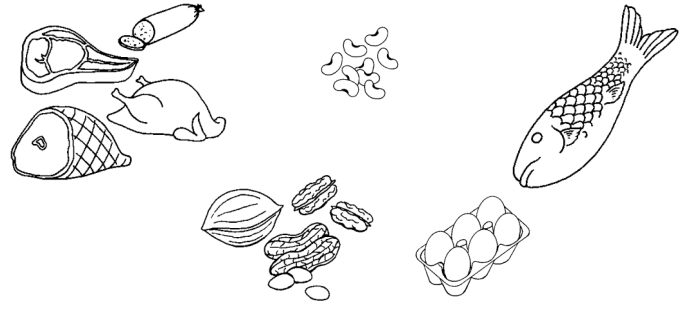
dairy group



fruit



grain group



protein group



vegetables